

Thank you for using this toolkit. We hope you enjoyed the exercises and will continue to incorporate them into your students' learning. As part of building social and emotional intelligence it is important to maintain an understanding of who we are and what we value and bring them with us throughout the day. Values impact how we show up, our self-efficacy, the goals we set, the judgements we make and the emotional capacity we bring.

We hope these exercises and suggestions will help with creating a more powerful connection between you and your students and foster a classroom culture that encourages building self and social awareness, along with demonstrating the relationship between thinking (the mind), moving (the body) and feeling (the heart) and how they help build self-awareness. The intention is for them to become active participants in their communities. Whether family, school, work, or sports teams, they are showing up, using their voices and participating.

The reading lists inspire students to lead, face their adversity and remind them that throughout history people have overcome to become better and make their communities better. It teaches them anything is possible if they believe strongly.

As you walk them through the reading they are meeting characters who have survived war, been brave enough to confront the brutality of nature, have led movements, faced their mortality for what they believe in, advocated for truth, and went against social and political norms and took a controversial stand. The stories depict the resiliency of the human spirit and teach the reader that finding truth, being authentic to who they are, and walking with strength and conviction will get them through adversity, teach them and leave them better. Whether they are advocating for themselves, a friend, a community or an entire country they are empowered with the ability to make a difference and BECOME powerful change-makers.

Open-heartedly,
The Living Become Team

**"Things usually work out in the end."
"What if they don't?"
"That just means you haven't come to the end yet."
— Jeannette Walls, The Glass Castle**

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